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#### **EDITORIAL NOTES**

#### NEW YEAR-NEW OPPORTUNITIES.

With its three hundred and sixty-five clean, unmarked pages, a new year has come to us to use or abuse; to write things upon them that will endure and be of benefit to the people, to the profession of which we are humble units, to the communities in which we severally live and work and have our influence; or to be left blank, soiled, scrawled upon or smudged. There is enough to do, God knows, in the way of helping ourselves and of helping the people whose needs and ills and sufferings we tend; and we must not forget that in helping ourselves to a better living, to a fuller life, we are helping the people. A physician poor in purse is handicapped to the extent that he cannot provide himself with the proper things of knowledge or material equipment with which to give the best that is in him to his patients. This we should not fail to recognize or to make our patients understand, as we have opportunity from time to time. There is nothing in the world more dangerous than a cheap lawyer except a cheap doctor. Let the new year see you follow more accurate and careful business methods in dealing with the business side of your work; no one respects the man he can defraud or cheapen, and your patients will respect you more for it. Do not let your accounts run for a year or two and then try to collect what you can; send out your bills promptly and after a year of moderate effort to collect, see that the debtor is forced to pay, if he is in a position to do Orderliness in business methods will have a beneficial effect upon your professional work, for it will induce more orderly thinking. Also, it will provide you with more income with which to get books and journals and instruments, or enable you to travel and visit other physicians and see how their work compares with your own; where you fall short and where you go ahead. Above all, do not forget to do your own best work for the benefit of your own county medical society; it will help you and will help every member of the profession and will stimulate a greater respect for the entire profession in your community. Nothing hurts us all so much as rows amongst medical men themselves. A fight between two physicians not only hurts them both, no matter which one is in the right, but it hurts the whole medical profession by belittling its members in the eyes of the community. In every county where you find a good, active, well-knit county medical society, there you will find the medical profession looked up to and respected. There is plenty to be written on these clean pages of this year's new book; will you write something worth while?

#### UNION HEALTH DEPARTMENTS.

All over the country cities are engaged in becoming acquainted with themselves by means of efficiency surveys. These surveys have grown out of the perfectly natural desire of the taxpayer to know how his money is being spent, and whether he is getting value received. Wherever these surveys have been instituted, the health department is primarily the one which shows marked weakness in comparison to the other departments of administration. The reason of this is evident. As long as city councils and county boards of supervisors have the impression that the chief functions of a health department are limited to the placarding and fumigation of habitations after certain diseases, and the investigation and removal of the causes of bad smells, so long will the appropriations for health work continue to be inadequate.

The medical profession is largely to blame for this impression. It needs a vision far beyond that of the man trained in curative medicine, to see the intense broad social significance of preventive medicine. Workers for social betterment have long had this vision and forced a tardy recognition on the medical profession. There are many phases of the subject that are slowly slipping from us due to our Rip Van Winkle sleep of a generation past. At the Summer Session of the University of California there was a psychological clinic running without an M. D. degree on the instructing staff. This is only an example of how the broad social preventive fields have escaped our tillage, and their fruits will be garnered by others than the sons of Aesculapius.

There are many reasons why the medical man does not, ipso facto, make a good health officer. He is, it is true, good raw material, but he needs much training. First of all, he must be unhampered by a private practice; secondly, he must have the ability to view mankind in the mass rather than as individuals; and finally he must be trained to the new profession. Within the

turbance of the stomach or the kidneys. Arheol is marketed only in the form of Arheol Capsules, 0.2 Gm. Alexandre Astier, Paris, France (Jour. A. M. A., Nov. 22, 1913, p. 1900).

Gluten Food A, Barker's.—A wheat-gluten flour, containing not more than 4 per cent. of carbohydrates and 87 per cent. protein.

Gluten Food B, Barker's.—A wheat-gluten flour, containing not more than 7 per cent. carbohydrates

and 85 per cent. protein.
Gluten Food C, Barker's.—A wheat-gluten flour, containing not more than 12 per cent. of car-

bohydrates and 83 per cent. protein.

Barker's gluten foods are indicated when a practically starch-free diet is desired, particularly in most forms of diabetes. It can be taken un-cooked or made into muffins. Herman Barker, Somerville, Mass. (Jour. A. M. A., Sept. 27, 1913, p. 1042).

Acne Bacterin Polyvalent.-For description of Acne Vaccine see N. N. R., 1913, p. 221. Abbott

Alkaloidal Co., Chicago.

Coli-Bacterin Polyvalent.—For description of Bacillus Coli Vaccine see N. N. R., 1913, p. 221.

Abbott Alkaloidal Co., Chicago.

Friedlander-Bacterin Polyvalent.—For description of Friedlander Vaccine see N. N. R., 1913,

p. 222. Abbott Alkaloidal Co., Chicago.

Gonococcus-Bacterin Polyvalent.-For description

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Abbott Alkaloidal Co., Chicago.
Pneumococcus Vaccine see N. N. R., 1913, p. 224.
Abbott Alkaloidal Co., Chicago.

Staphylo-Acne-Bacterin Polyvalent.—For description of mixed vaccines see N. N. R., 1913, p. 224. Abbott Alkaloidal Co., Chicago.

Staphylo-Albus-Bacterin Polyvalent.—Abbott Al-

kaloidal Co., Chicago.

Staphylo-Aureus-Bacterin Polyvalent.—Abbott Alkaloidal Co., Chicago.

Staphylo-Bacterins (Human) Albus-Aureus-Citreus.—For description of Staphylococcus Vaccines see N. N. R., 1913, p. 225. Abbott Alkaloidal Co., Chicago.

Strepto-Bacterins (Human).—For description of Streptococcus Vaccines see N. N. R., 1913, p. 226. Abbott Alkaloidal Co., Chicago.

Typho-Bacterin Polyvalent.—Abbott Alkaloidal

Co., Chicago.

Typhoid Prophylactic.—For description of Typhoid Vaccine see N. N. R., 1913, p. 227. Abbott Alkaloidal Co., Chicago (Jour. A. M. A., Oct. 4, 1913, p. 1297).

Ninhydrin.-Ninhydrin is triketohydrindenhydrate a derivative of inden. Colorless crystals, readily soluble in water. The aqueous solution gives a blue color on boiling with protein bodies or amino acids derived from them, which have the amino group in the alpha position. Ninhydrin is used in the diagnosis of pregnancy according to the

method of Abderhalden. Farbwerke-Hoechst Co., New York (Jour. A. M. A., Oct. 11, 1913, p. 1377). Placentapeptone.—A peptone derived from the placenta. It is used in applying the optical test for pregnancy according to Abderhalden. Farbwerke-Hoechst Co.,, New York (Jour. A. M. A., Oct. 11,

1913, p. 1377)

Antirabid Vaccine.—It is prepared according to the method of Pasteur and is a complete treatment, consisting of 25 doses, to be administered during 21 days. Schieffelin and Co., New York (Jour. A. M. A., Oct. 11, 1913, p. 1377).

Copper Citrate, Merck.—This salt complies with the standards for copper citrate, N. N. R., Merck & Co., New York (Jour. A. M. A., Oct. 11, 1913, p.

1377).

Transfer of Agency.—The biologic products of the Sophian-Hall-Alexander Laboratories which were accepted for inclusion with N. N. R., are now sold by E. R. Souibb & Sons (Jour. A. M. A., Oct. 11, 1913, p. 1377).

#### USE OF HEROIN SPREADING RAPIDLY AMONG DRUG FIENDS.

Washington, D. C.—According to information gathered by the U. S. Department of Agriculture, there has been a sudden and very significant increase in the use by persons with a drug habit of the little-known but very dangerous drug called "heroin." The sales of this drug have recently increased greatly, particularly in those States which have rigid laws preventing the indiscriminate sale of morphine and cocaine. Investigation of the subject establishes the fact that many drug victims who formerly used morphine and cocaine, and who under the new laws find it difficult to obtain these substances, have begun using heroin, the sale of which is not as yet as carefully restricted under state laws. The drug is said to be fully as dangerous as morphine and by many is held to be much worse, for the reason that it occasionally kills the victim outright, and its habit is far harder to overcome than the use of the other drugs. The Department, pending further action, specially warns all people who are unfamiliar with the drug to avoid all preparations containing the substance and to take it only on the prescription of reputable physicians.

Heroin, the consumption of which by drug takers has recently increased so markedly, is a derivative of morphine, the opium alkaloid. It is known in chemical parlance as diacetyl morphine, and it is frequently found as a constituent of a number of proprietary drugs. Its use seems to be especially notable in parts of Pennsylvania. This year the coroner's office in Philadelphia County has held inquests on five sudden deaths from heroin poisoning. In each case the victim was a heroin fiend and was on a heroin debauch and took an overdose. The substance apparently is far more dangerous for drug users than morphine or cocaine. Drug fiends apparently are able to consume relatively large quantities of the other two drugs, but any sudden and material increase in the amount of heroin taken is very liable to prove fatal. As indicating the wide sale of this sub-stance, it is known that one druggist in Pennsylvania whose store was located in an undesirable section of his city has been buying heroin tablets in 25,000 lots.

The labels of proprietary and other medicines purchased by laymen should be carefully scrutinized for a statement which is required by the National Food and Drugs Act of the quantity or proportion of heroin, or any derivative or preparation thereof.

The word "heroin" on any label should be regarded as a danger signal, according to the experts of the Department.

#### NEW MEMBERS.

Baldwin, W. I., San Francisco. Long, Herbert Everett, San Francisco. Long, Herbert Everett, San Francisco.
Wilson, H. P., Whittier, Cal.
McKellar, Jas. H., Pasadena, Cal.
Lando, M. E., Oakland, Cal.
Chilson, Wm. C., Tulare, Cal.
McClelland, Jas. Hugh, Dos Palos, Cal.
Mitchell, L. W., Bakersfield, Cal.
Landis, Chas. C., Chico.

#### DEATHS.

Morrison, Jno. McI. (died in Berkeley). Meyers, Robt. Chas., San Francisco. Campbell, Geo. W., Los Angeles. Smith, Harry A., Los Angeles. Medlock, J. R., Santa Ana. Martinez, Felipe, San Francisco. McManus, F. A., Crockett, Cal. Taggart, H. W., Redwood City.